



WEST TEXAS RUNNING CLUB

MARCH, 2000

FROM THE PRESIDENT

UPCOMING RACE:
PRAIRIE DOG TOWN RUN
4 MILES, 9AM
MACKENZIE PARK
CALL JOHN TROMPLER
W 775-2848 H 794-1359

WTRC RACES ARE USUALLY HELD
THE 2ND SATURDAY OF EA MONTH

WTRC WEB ADDRESS:
<http://members.tripod.com.wtrc>

MONTHLY MEETING:

The WTRC monthly business meeting is on Tuesday, March 7th, at 7:00p.m. at 1623 10th Street, Conference Room, Bolinger, Segars, Gilbert & Moss, L.L.P. All members are welcome.

WTRC Training Runs:

Saturdays at 7:00a.m.

Sundays at 6:00a.m.

Meet at the Outdoor Center parking lot in MacKenzie Park. For more information contact Bob Bernero at 794-0929 (n).

Be not afraid of going slowly, be only afraid of standing still.

Chinese Proverb

The Next Millennium

Jeff Galloway wrote recently in "Runner's World" that nothing motivates us as much as having a goal. In counting up my miles I hit 25,000 for my lifetime running mileage in December (not counting those cross country laps in high school), Took me 20 years! How many miles did you run in the last century? How about a goal of running that many in the next millennium? When I see our 70+-year-old runners out there putting in the miles, I just hope I'm able to still be on the roads at that age, too. What a story to tell your grandkids-"Why in the last century we used to run our races in foot deep snow!"

Sumo Runners

The last long run Saturday in January was greeted by the usual contingent of club members at MacKenzie Park at 7:00am. But the temperature was a nippy 15 degrees. Everyone was bundled up so they looked like the Sumo Wrestlers at the halftime of a Cotton Kings game. They had to run in groups; if anyone tripped and fell they would never be able to get up without the help of the others!

Spring Races

Spring usually brings a plethora of new races to choose from. Besides our club events, not too much extra is planned for the next few months. Two races which deserve your support are the President's Run at LCU on February 26 and the Lubbock Dietetic Association race March 25th. Both are 5km. runs. The latter still doesn't have a name yet; Fruit of the Loom Run sounds good, or The Grape Race? Check your newsletter further for more accurate information. (Bring a friend and run as a pear!)

Be a Good Example

A nurse I work with proudly announced recently she had begun a regimen of exercise. She joined one of those health clubs with the machines that jiggle the weight away! It's a start. I remember one of the things which motivated me to begin running was another nurse I worked with, a lady much older than me (she seemed elderly to me at the time). She regularly swam a mile every day and walked, as well. My thought was that if she can do that, I could do something too.

I was speaking with a friend the other night trying to explain the concept of free radicals (not the bandit runner types) and the benefit of taking antioxidants such as Vitamins C and E if you exercise; carbohydrate and electrolyte replacement during exercise; and carbo replacement afterwards (yes, pancakes!). I think I know just enough to be dangerous.

The point of these ramblings is that you never know how much of an influence you have on others. Just by doing what you like to do, you set an example for others and show them that its possible to get off the couch and out the door. Learn all you can about your sport and your body, and trust that all those miles not only benefit your health but give something to others, as well.

See you down the road!

Mike Kelley

WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355
(E-mail) mkelley@mailbox.lrl.mhmr.state.tx.us

Internal Vice-President - Marti Greer
(O) 796-8213 Fax 829-2407

External Vice-President - Howard Norman
(H) 780-0089 (O) 742-3170 (M) 789-5411

Secretary - Etta Mayer
(W) 742-2907 (e-mail) ettam@ttu.edu

Treasurer - David Higgins
(H) 744-8328 (O) 748-5554

DIRECTORS

Newsletter Director - Debbie Wilson
(H) 795-1667
(e-mail) dandwwilson@aol.com

External Race Director - Ron Hewett
(H) 748-6017 (W) 742-3329

Equipment Director - Ronnie Prigg
(H) 799-3615 (Pager) 723-0139

Race Calendar Director - Dwayne Oakeley
(H) 799-4473

Membership Director - John Trompler
(H) 794-1359 (O) 775-2848
(E-mail) JTROMPLER@mail.ci.lubbock.tx.us

Internal Race Director - Ron Lubowicz
(H) 748-1855 (O) 778-9550

CLUB MEMBERS IN THE NEWS:

GOING TO BOSTON:

Janda Ibbetson
Marjorie Stewart
Kirk Thomas
John Trompler

Congratulations to Chris Lonngren voted
Volunteer Of The Year
by the Lubbock Chamber of Commerce

Club member Christie Hodge and husband Brad became first time parents with the birth of a son on Jan. 16.

Condolences go out to the Bruce Lokey family. Bruce (63) died Feb. 6, 2000.
Our sympathy is extended to Carolyn Rice on the death of her husband. He passed away on Feb. 10th.

Motorola Austin Marathon Participants:

Shanna Armstrong	3:41:51.9
Clifford Chambers	3:01:20.1
Bee English	6:31:14.4
Chrisoph Garcia	4:09:23.3
Nickolas Hight	4:21:33.6
Greg Hogan	3:24:50.2
Craig Langford	3:59:46.1
Alan Martin	3:54:33.1
Jack McMahan	3:57:21.9
Jason Mulkey	4:57:35.1
Jon Omdahl	4:02:47.4
Glen Poklikuha	2:51:46.4
Lad Rack	4:20:55.0
Todd Smith	5:15:37.0
Chuck Spaugh	3:35:58.6
Chris Truitt	2:58:03.8

Motorola Austin Marathon Relay Teams:

Joao Sa	
Jimmy Samarron	
Lorenzo Padilla	Times Not Avail.
Junior Mendoza	
Eppi Aguirre	
Jimmy Samarron III	
Maliack Samarron	
Javier Gusman	Times Not Avail.
Ed Abrozki	
Justin Hess	

Membership in the RRCA

Our membership in the RRCA provides many benefits beyond the magazine "Footnotes" you receive by mail. Not the least of these is affordable liability insurance. This covers all internal club sponsored and managed races; \$1,000,000 each occurrence; minor medical expenses; night races included; and other benefits. The bill for 2000 is:

Dues: Number of members	290 X \$1.25	\$362.50
Liability Insurance		754.00
Directors and Officers Insurance		100.00
Total		\$1,216.50

The Lubbock Dietetic Association is sponsoring...

Nutrition on the Run

5K Race & 1 mile Fun Run/Walk @

Mae Simmons Park on Saturday, March 25 at 9:00 a.m.

Registration from 8:00-8:45 a.m. March 25

All proceeds to benefit the **South Plains Food Bank.**

The first 100 runners to register will receive a race **T-shirt & "goodie-bag."**
Medals to 1st, 2nd and 3rd place finishers in each age group in the 5K.

All those registered to race will automatically be entered in a drawing to win great prizes including:

*** 2 round trip tickets anywhere Southwest Airlines flies.**

*** \$50 gift certificate from the South Plains Mall.**

***Gift Certificates from:**

*** World Gym * Pyramid Fitness * Gym X * Gold's Gym * Body Works.**

***Christmann Academy of Dance**

*** Pittman's Academy of Martial Arts.**

*** Continental Divide * Bless Your Heart * Zoo-Kini's.**

\$12 for early registration by March 3 & \$15 for registration after March 3
Telephone Registration through March 24, 12 noon @ 725-8081

Make checks payable to: Lubbock Dietetic Association

Mail entry form to: Gina Jarman c/o Lubbock Dietetic Association @ 4101 22nd Place Lubbock, TX 79410

Name: _____ Age: _____ Sex: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____ Event: _____ 5K

_____ 1 Mile Shirt Size: ___M ___L ___XL *first 100 runners to register will receive a T-shirt & "goodie-bag"

Liability Waiver

In consideration of acceptance of the entry, I the undersigned, my family and heirs do waive and release any and all rights or claims for which I may have against the Lubbock Dietetic Association and the West Texas Running Club and all individuals assisting, arranging, sponsoring and conducting these events and any of their agents, representatives and assignees for any and all injuries, loss or damage suffered by me at or while traveling for the Nutrition of the Run 5K race and 1 mile fun run/walk. I verify that I am physically fit and capable of running/walking in this race and have sufficiently trained for the competition of this event. I realize that there are risks inherent in the sport of running and walking and I am willing to accept the result of those risks. (This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.)

Signature _____ Date _____

(Parent or guardian must sign if under 18.)

**...RUN SMART...
WEEKLY WORKOUTS
WITH
TIM KEY**

TRAINING WITH A PURPOSE WILL ESTABLISH:

- Consistent running schedule
- Improved running form
- Proper stretching technique
- Stress management
- Nutrition guidelines

BENEFITS:

- Motivation
- Improve body composition
- Increase energy levels
- Having fun while training

ABOUT THE COACH: *Tim Key*

- 19 years of running experience
- 6 time Ironman Triathlon finisher
- 6 years of coaching experience
- 7 marathon finishes

Cost: \$20.00 per month

Contact: Tim Key or Brandy Temple

Telephone: 747-1967

E-Mail: ync94@ttacs.ttu.edu

☺☺☺ *ALL LEVELS OF FITNESS AND AGES ARE WELCOME* ☺☺☺

TRIATHLON WORKSHOP

SWIM, BIKE & RUN ...FASTER!

COACH Troy Jacobson's Triathlon Academy

Join top professional triathlete and coach, Troy Jacobson, for a day of training, fun and learning the secrets of successful triathlon training and racing. The Triathlon Academy offers a fun combination of classroom lectures and training where you will learn how to:

- Train smart with a structured program
- Eat for maximum performance
- Plan your racing season
- Improve your swim, bike & run techniques
- And much more!

Register online or call for more information **410-583-8957**, www.triathlonacademy.com

LOCATION: TEXAS TECH AQUATIC CENTER IN LUBBOCK, TX

DATE: MARCH 25, 2000

TUITION: \$139.00

Designed for beginner to intermediate level triathletes.

Spaces are limited. Participants accepted on first come, first serve basis.

Payment due with application.

Cotton Patch Race Directors Report

Wow! Seven age group records were broken at this years Cotton Patch Runs at Frenship High School: 4 milers Jim Leser, Jim Harris, Moira Ridley, Denise Bray, Tim Key, and Diane Calhoun; 8 miler Marjory Stewart. We had 85 finishers-a new record. This would not have been a successful event without the help of many volunteers (and runners); providing useful assistance were Ron Key, Ken McEachern, Jessie Hilliard, Fred Weber, Weldon Kolb, Dan Adams and his seven girls from Girlstown, PJ Mitchell, Debbie Wilson, Jeff Key, Ronnie Prigg, John Trompler, and Howard Norman. Also, helping out before and after running were Dwayne Oakeley and Bob Bernero-Thanks guys! Door prizes were courtesy of PJ Mitchell, drinking water provided by Sierra and golf cart use courtesy of Caprock Golf Carts in Wolfforth-Thanks Joe Walters and "Blue". Thanks also to Rodney Hendrix and Frenship for providing excellent facilities parking, awards ceremonies inside and restrooms. We really appreciate!
Hope to see everyone back next year!

David Higgins

LETTERS AND NOTES:

DEAR SIRs,

MY NAME IS RICK LILES. I RAN IN THE 2000 COTTON PATCH RUN (8 MILE DIVISION). I PLACED 1ST IN THE 40-43 DIVISION AND 4TH OVERALL.

PLEASE LET ME SAY I ENJOYED THE RUN VERY MUCH. I DIDN'T RUN AS WELL AS I WOULD HAVE LIKED BUT NEVER DO. I APPRECIATE THE ORGANIZAION AND FOOD AND DRINKS. EVERYONE WAS VERY HOSPITABLE TO ME. I PLAN ON RUNNING IN NEXT YEARS COTTON PATCH RUN (LORD WILLING).

NOT THAT IT MAKES ANY DIFFERENCE, BUT THE RACE RESULTS INDICATE I AM FROM LUBBOCK. IN FACT, I AM FROM BIG SPRING, TX.

THANKS AGAIN FOR A GOOD RUN.

RICK

THANKS TO EVERYONE WHO MADE MY FIRST RACE A SUCCESS. I HAD NEVER RUN EIGHT MILES BEFORE, SO IT WAS A CHALLENGE TO BEGIN WITH. WHAT A NEAT GROUP OF PEOPLE. I APPRECIATE THE ENCOURAGEMENT FROM ALL THE RUNNERS RETURNING FROM THE FOUR MILE, AND ALSO THE EIGHT MILE.

I ESPECIALLY WANT TO THANK THE GENTLEMAN WHO WENT BACK TO THE FOUR-MILE WATER STOP AND WAITED FOR ME, CHECKED ON ME PERIODICALLY ON THE WAY BACK, AND BROUGHT ME WATER AGAIN AT THE SIX-MILE STOP, WHEN EVERYONE ELSE WAS GONE. AND IT WAS GREAT TO SEE MIKE KELLEY AT THE FINISH LINE AND HAVE HIM SHAKE MY HAND.

I AM PROUD TO HAVE JOINED THIS GROUP AND TO HAVE RACED WITH YOU.

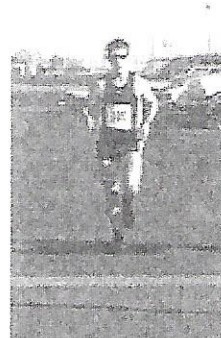
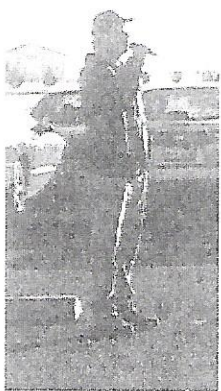
THANKS,

CHARLOTTE DAVIS

**COTTON PATCH RUN
EIGHT MILE OVERALL RESULTS
USA T&F CERTIFIED, #97110ETM**

<u>PLACE</u>	<u>NAME</u>	<u>TOWN</u>	<u>ST</u>	<u>PLACE</u>	<u>DIV</u>	<u>AGE</u>	<u>S</u>	<u>TIME</u>	<u>PACE</u>
1	GLEN POKLIKUHA	LUBBOCK	TX	1	M2029	28	M	50:06	6:16
* 2	MARJORY STEWART	LUBBOCK	TX	1	F4044	41	F	55:55	7:00
3	JOHN HOWARD	LUBBOCK	TX	2	M2029	20	M	56:06	7:01
4	RICK LILES	BIG SPNG	TX	1	M4044	42	M	1:00:01	7:31
5	ANDY ROSSON	LUBBOCK	TX	3	M2029	20	M	1:01:58	7:45
6	DANNY GALEY	COL CITY	TX	1	M5054	54	M	1:02:02	7:46
7	ERIC BOLASH	LUBBOCK	TX	1	M3034	30	M	1:03:07	7:54
8	WAYNE IVEY	SLATON	TX	2	M3034	30	M	1:03:50	7:59
9	SHANNON MOORE	LUBBOCK	TX	3	M3034	31	M	1:04:36	8:05
10	JUDY LAWLEY	LUBBOCK	TX	1	F3034	34	F	1:05:17	8:10
11	MIKE KELLEY	LUBBOCK	TX	2	M5054	51	M	1:08:06	8:31
12	JERRY WRIGHT	LUBBOCK	TX	1	M6099	61	M	1:08:20	8:33
13	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	46	F	1:08:56	8:37
14	RONNIE NUGENT	LUBBOCK	TX	3	M5054	53	M	1:09:26	8:41
15	MADONNE MINER	LUBBOCK	TX	2	F4549	47	F	1:10:05	8:46
16	BRUCE FELLERS	LUBBOCK	TX	1	M4549	46	M	1:12:00	9:00
17	BILL ROGER	LEVLLND	TX	2	M6099	60	M	1:13:39	9:13
18	ADAM PUCKETT	LUBBOCK	TX	4	M2029	29	M	1:14:10	9:17
19	MIKE GREER	LUBBOCK	TX	3	M6099	61	M	1:14:47	9:21
20	CALEB BECK	LUBBOCK	TX	1	M1619	16	M	1:15:04	9:23
21	JIM BECK	LUBBOCK	TX	2	M4044	40	M	1:15:19	9:25
22	JO ANN PHILLIPS	LUBBOCK	TX	2	F4044	41	F	1:15:22	9:26
23	BOB BERNERO	LUBBOCK	TX	1	M5559	57	M	1:15:35	9:27
24	ETTA MAYER	LUBBOCK	TX	1	F5099	50	F	1:16:12	9:32
25	ANNETTE BURENHEIDE	LUBBOCK	TX	2	F3034	34	F	1:18:05	9:46
26	MARTI GREER	LUBBOCK	TX	3	F4044	41	F	1:19:28	9:56
27	ANDY EDMISTER	LUBBOCK	TX	4	M3034	31	M	1:19:29	9:57
28	MARSHA BENNETT	LUBBOCK	TX	1	F3539	36	F	1:19:31	9:57
29	CHARLOTTE DAVIS	LUBBOCK	TX	3	F4549	47	F	TNA	

* AGE GROUP RECORD



**COTTON PATCH RUN
FOUR-MILE OVERALL RESULTS
USA T&F CERTIFIED, #97110ETM**

<u>PLACE</u>	<u>NAME</u>	<u>TOWN</u>	<u>ST</u>	<u>PLACE</u>	<u>DIV</u>	<u>AGE</u>	<u>S</u>	<u>TIME</u>	<u>PACE</u>
1	CHRIS TRUITT	LUBBOCK	TX	1	M2029	24	M	21:40	5:25
2	HAWK HARRIS	HOBBS	NM	2	M2029	23	M	22:13	5:34
* 3	TIM KEY	LUBBOCK	TX	1	M3034	32	M	23:16	5:49
4	BOBBY SAIN	LUBBOCK	TX	1	M1619	18	M	24:09	6:03
5	TODD MANN	LUBBOCK	TX	2	M3034	34	M	24:21	6:06
6	RENE GONZALES	LEVELLAND	TX	1	M3539	35	M	24:33	6:09
* 7	JIM LESER	LUBBOCK	TX	1	M5054	53	M	25:10	6:18
8	CASEY SUMPTER	LAMESA	TX	1	M1315	15	M	25:39	6:25
9	BRAD BAILEY	LUBBOCK	TX	3	M2029	24	M	25:59	6:30
10	JIMMY SAMARRON	LEVELLAND	TX	1	M4549	45	M	26:18	6:35
11	JOAO SA	LEVELLAND	TX	2	M3539	35	M	27:02	6:46
12	RICKY CAVAZOS	FLOYDADA	TX	3	M3034	31	M	27:30	6:53
13	KEVIN LAIR	LUBBOCK	TX	3	M3539	38	M	27:40	6:55
14	JOHN GREGORCYK	IDALOU	TX	2	M4549	49	M	27:53	6:59
* 15	JIM HARRIS	HOBBS	NM	1	M5559	57	M	28:02	7:01
16	IAN STEWART	LUBBOCK	TX	1	M0112	11	M	28:31	7:08
* 17	DIANE CALHOUN	IDALOU	TX	1	F4044	41	F	28:37	7:10
18	KELLY TEMPLE	WOLFFORTH	TX	1	F1619	19	F	28:44	7:11
19	HOPE JIMENEZ	LAMESA	TX	2	F1619	16	F	28:45	7:12
20	DARREL MCMILLEN	LUBBOCK	TX	2	M5054	53	M	29:10	7:18
21	VICTOR CHAVARRIA	FLOYDADA	TX	4	M2029	29	M	29:16	7:19
* 22	DENISE BRAY	LUBBOCK	TX	1	F3539	38	F	29:23	7:21
23	MARK ALBUS	WHITEFACE	TX	1	M4044	43	M	29:50	7:28
* 24	MOIRA RIDLEY	LUBBOCK	TX	1	F3034	34	F	30:14	7:34
25	BRAD EWING	LUBBOCK	TX	4	M3539	36	M	30:21	7:36
26	LORENZO PADILLA	LEVELLAND	TX	3	M4549	45	M	30:46	7:42
27	KENNETH KINZENBAW	LUBBOCK	TX	2	M0112	11	M	31:24	7:51
28	JOEL CARTON	LUBBOCK	TX	5	M2029	28	M	32:15	8:04
29	JUNIOR MENDOZA	LEVELLAND	TX	2	M4044	42	M	32:29	8:08
30	DWAYNE OAKELEY	LUBBOCK	TX	3	M4044	43	M	33:04	8:16
31	JIMMIE KEY	LUBBOCK	TX	1	M6099	62	M	33:17	8:20
32	HENRY SAMARRON	LEVELLAND	TX	6	M2029	28	M	33:53	8:29
33	JOE MARTINEZ	LUBBOCK	TX	3	M5054	54	M	33:55	8:29
34	DAVID MALONE	LUBBOCK	TX	4	M4044	42	M	34:24	8:36
35	JULIE CRIBBS	WHITEFACE	TX	2	F4044	41	F	34:30	8:38
36	JOHN STALCUP	LUBBOCK	TX	2	M6099	66	M	34:41	8:41
37	JAMES BONE	LUBBOCK	TX	3	M6099	60	M	35:01	8:46
38	DAVID MARTIN	LUBBOCK	TX	5	M4044	44	M	35:08	8:47
39	JON OMDAHL	LUBBOCK	TX	4	M5054	54	M	35:21	8:51
40	KERRI SMITH	LUBBOCK	TX	2	F3034	31	F	35:31	8:53
41	TRACY BAUGH	LUBBOCK	TX	2	F3539	38	F	37:50	9:28
42	CANDA FADDUOL	LUBBOCK	TX	3	F4044	41	F	37:51	9:28
43	NATALIE STEADMAN	LUBBOCK	TX	3	F3034	32	F	37:57	9:30
44	LANDRUM MEDLOCK	AMARILLO	TX	2	M5559	55	M	37:58	9:30
45	VERONICA JIMENEZ	LAMESA	TX	1	F1315	13	F	38:40	9:40
46	GEORGE TEMPLE	WOLFFORTH	TX	5	M5054	50	M	39:08	9:47
47	SUSIE COBOS	LUBBOCK	TX	3	F3539	35	F	39:18	9:50
48	SAM PROSE	LUBBOCK	TX	6	M5054	51	M	39:27	9:52
49	RICK LAMPE	LUBBOCK	TX	3	M5559	55	M	39:52	9:58
50	TODD DAVIS	LUBBOCK	TX	4	M3034	34	M	40:01	10:01
51	MARGARITA JIMENEZ	LAMESA	TX	1	F0112	10	F	40:03	10:01
52	JOSIE ALEMAN	LUBBOCK	TX	1	F4549	48	F	40:19	10:05
53	DEBBIE KATTWINKEL	SHALLOWTR	TX	4	F3034	31	F	42:13	10:34
54	LARRY BYRD	SHALLOWTR	TX	4	M5559	58	M	42:13	10:34
55	ADAM ANDREWS	LUBBOCK	TX	4	M4549	46	M	43:08	10:47
56	ALLISON MORRIS	LUBBOCK	TX	1	F2029	27	F	43:11	10:48
57	LAURA CRAIN	LUBBOCK	TX	5	F3034	31	F	51:05	12:47

* AGE GROUP RECORD

**W.T.R.C. 2000 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS
(reflects all paid members as of 02-16-00)**

MALE

YTD TOTALS

YTD TOTALS

0 - 12 MALE						45 - 49 MALE					
	AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL
Kenneth Kinzenbaw	11	18	9	2		John Gregorcyk	49	17	9	2	
Ian Stewart	11	10	4	1		Bruce Fellers	46	10	8	1	
						Howard Norman	48	9	13	2	*
13 - 15 MALE						50 - 54 MALE					
Casey Sumpter	15	10	9	2	*	Adam Andrews	46	9	9	2	
Aubrey Thomas	13	9	5	1		Ronnie Prigg	48	7	13	2	*
						Fred Weber	48	6	13	2	*
16-19 MALE						55 - 59 MALE					
Caleb Beck	16	20	13	2		David Higgins	47	5	21	2	**
Bobby Sain	18	10	4	1		Frank Sumpter	46	0	5	1	*
						Jim Wilhelm	49	0	5	1	*
						Tony Aleman	48	0	5	1	*
20 - 29 MALE						60 - 99 MALE					
Chris Truitt	24	20	9	2		Darrel McMillen	53	18	9	2	
Hawk Harris	23	18	9	2		Jim Leser	53	10	9	2	*
Glen Poklikuha	28	10	8	1		Mike Kelley	51	9	8	1	
Joel Carton	28	6	4	1		Joe Post	51	8	5	1	
						Ronnie Nugent	53	8	13	2	*
30 - 34 MALE						60 - 99 MALE					
Tim Key	32	20	9	2		Joe Martinez	54	8	9	2	*
Ricky Cavazos	31	14	9	2		Jon Omdahl	54	7	4	1	
Shannon Moore	31	12	13	2		Sam Prose	51	5	4	1	
Wayne Ivey	30	12	13	2		John Trompler	52	0	13	2	*
Luis Nevarez	34	7	5	1							
35 - 39 MALE						60 - 99 MALE					
Brad Ewing	36	15	9	2		Jim Harris	57	10	4	1	
Ron Hewett	38	9	5	1		Bob Bernero	57	10	18	2	**
Joao Sa	35	9	4	1		Landrum Medlock	55	9	9	2	*
Kevin Lair	38	8	4	1		Rick Lampe	55	8	4	1	
						Larry Byrd	58	7	9	2	*
						Ron Lubowicz	56	0	5	1	*
40 - 44 MALE						60 - 99 MALE					
Mark Albus	43	18	9	2		Jerry Wright	61	17	13	2	
Dwayne Oakeley	43	14	9	2		James Bone	60	13	9	2	
Jim Beck	40	11	13	2		Don Sanderson	70	10	5	1	
David Malone	42	10	9	2		Bill Roger	60	9	13	2	*
Rick Liles	42	10	8	1		John Stalcup	66	9	4	1	
Kirk Thomas	41	9	5	1		George Jury	62	0	5	1	*
Mickey Davis	42	5	5	1							
Weldon Kolb	43	0	8	1	*						
Ed Dabrowski	40	0	5	1	*						

** = RACE DIRECTOR
* = VOLUNTEER

IF YOU HAVE ANY QUESTIONS OR COMMENTS REGARDING THE CHALLENGE SERIES STATISTICS OR IF YOU THINK AN OMISSION OR ERROR HAS BEEN MADE REGARDING YOUR RECORDS, PLEASE CALL SHIRLEY WIGLEY AT 797-4201.

**W.T.R.C. 2000 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS
(reflects all paid members as of 02-16-00)**

FEMALE

YTD TOTALS

YTD TOTALS

0 - 12 FEMALE					35 - 39 FEMALE						
	AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL
Margarita Jimenez	10	10	4	1		Denise Bray	38	20	9	2	
13 - 15 FEMALE						Marsha Bennett	36	19	13	2	
Veronica Jimenez	13	10	4	1		Tracy Baugh	38	9	9	2	*
Hope Jimenez	16	9	4	1		40 - 44 FEMALE					
16 - 19 FEMALE						Marjory Stewart	41	20	13	2	
20 - 29 FEMALE						Dianne Calhoun	41	19	9	2	
Beverly English	29	10	5	1		Ida Sumpter	43	0	5	1	*
Allison Morris	27	10	4	1		45 - 49 FEMALE					
30 - 34 FEMALE						Shirley Wigley	46	19	13	2	
Natalie Steadman	32	18	9	2		Madonne Miner	47	17	13	2	
Judy Lawley	34	10	8	1		Josie Aleman	48	16	9	2	
Moira Ridley	34	10	4	1		Cheryl Weber	46	10	5	1	
Annette Burenheide	34	9	8	1		Ginger Stanley	48	7	5	1	
						50 - 99 FEMALE					
						Etta Mayer	50	20	13	2	
						P J Mitchell	53	0	13	2	*

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Transition...by Mike Greer

The toughest part in writing, no matter what the subject or whom it is directed to is the getting started bit. You know you want to write a letter to someone and you just can't seem to get it started, etc. Well in writing this little piece for the WTRC readership I had a lot of ideas that I have wanted to express for some time, but just couldn't decide what to put the pen to. I considered the hot subjects of the day like why is the erected early morning penis such a phenomenon to mankind, or where is the G spot, or the mating practices of the Canadian Geese and how many pellets they deposit before they migrate back home, but decided that these subjects would be covered more competently by GQ, COSMO, and Field & Stream. So, in an effort to both enlighten, entertain and offer some thought provoking ideas I have been inspired to discuss what I call the transitions of life, how to recognize them, what to do about them and how to move on. When I first started in the sport of triathlon I thought that the most important aspect of competing was to swim, bike & run as fast as possible and collect the gold at the end. Well, was I mistaken, there is this thing in between each discipline that is called T1 and T2. These are the transitions from each discipline to the other and how fast you can accomplish these and adjust to the next discipline has a lot to do with how well you do at the finish. For example, in my early tri's I took my time in changing clothes, making sure my hair was okay, putting socks on, wearing the appropriate apparel for each event. While I was doing all of this I noticed that my fellow competitors were exiting the water with such a sense of urgency that I felt like a senior member of an old folks home. I soon learned after seeing many minutes add to my time that I had to change my ways or I would never improve. While I knew my swimming, biking & running improvement would happen with time I could change my transition times immediately. So, the new me was now wearing my Speedo throughout all three disciplines, no socks, to hell with finally coifed hair, and a sense of urgency prevailed. Now my swim to bike went from 4 minutes to 2 minutes, my bike to run from 3 minutes to 30 seconds. I have found that in sprint triathlons many times the transition is the difference in how you finish within the age group or whether you get a PR or not. Well you say so what and what does this have to do with life as we know it and what is your point, other than get your ass out of the water and get with it. The point that I propose to make is that life is just like the sport of triathlon, except for the number, there are many transitions to experience in life. Now the big questions is how we recognize them, how we handle them and do we move on or do we decompose in our resistance to these changes. A good example is the athlete who has excelled at certain levels and with time sees their performance diminish and they can no longer compete at the same level as they did early in life. Well, wake up world it is very unlikely that this will ever happen so we must accept this and move on with happiness that we are still able to compete or sit around and feel sorry for ourselves and not do anything. I have found that my competitive 8:45-9:45 minutes per mile mean more to me now than my 7:00-8:00(I used to be accused of, if I fell out of an airplane I would fall at an 8:00 minute per mile pace). Why? Because I am still out there pounding the rode after 49 years of competitive athletes, have made the transitions to the sports that I can do as I age and still have that desire to do so (you can tell if you have this burning desire left if you have that nervous bowl movement just before the gun goes off, that is the big test).

The real inspiration for writing on this subject came to me as a result of my friendship with one of the true icons in triathlon, an article in the AJ, and the 8-mile cotton patch run last week. The icon is now experiencing the law of diminishing performance due to aging and is going through two transitions of life. Since he is a pro his lively hood and future hinges on how he handles this transition and moves on. He is even writing a book about this and I look forward to reading it. I know that he will be fine and move on, but in the mean time it is a challenge to him and he will go forward. In this mornings AJ there was a great article about Mr. W.I. Banks, a local 93 year old who still bowls in a senior league. He said that his score wasn't all that good, 130-140(sounds good to me), but he sure enjoys being active. He says it is tough trying to get people his age to go out with him and be active, adding, "you feel like you ought to volunteer for their undertaker, pallbearer or something." Wow, what an example of moving on, how many transitions of like do you think this gentleman has gone through? He is an inspiration to us all, thank you Mr. Banks. During the most recent cotton patch run I was competing with my fellow age groupers (60-64) and at the turn around found myself in my familiar 3rd place. But to my surprise the usually very swift Bill Roger was just a head of me and seemed to be enjoying himself by picking up something (I later found out he was picking up change) and as I cruised up next to him we took the time to strike up a conversation. In my many years of running against Brother Bill I had never been close to him in a race, except for the time he fell off of a drilling rig or had just had major surgery and returned to running before he was ready, so this was quite an experience. We discussed the pros and cons of retirement (that big ole transition in the sky), running in general and then Bill revealed why I was running next to him (not in those words of course). He said that lately he just didn't seem to have that fire to pick em up and put them down like he had in the past. While not hurting my feelings on this I knew what he was talking about and I think we all feel that way in some form or fashion with all that we do. I can report that Bill did get over it by the 6-mile mark when he shifted to high gear and finished 1 minute a head of me. He told me later that me pulling up beside him inspired him to speed up at the appropriate time and kick the West Texas dust in my face.

In conclusion, I confess that I enjoy my age and look forward to every day. The transitions in life that I have experienced are merely training routines for the future. The challenges and adversities that happen in life are for a reason and all that we do has a synergistic value (physical, emotional, and spiritual) and this will guide us to the ultimate transition.

DR. JOE'S
NEWSLETTER
Volume V - Issue 2
February 1, 2000

Recovery: A Win-Win Situation If You Use It Properly

The most neglected part of a running program, by a runner, is Recovery Time. A day does not go by that I am preaching and pleading with runners, who contact me, about taking adequate recovery time after an injury. They all want to return to where they left off (before the injury), too fast and too soon. If you have ever been injured, you can understand the ugliness of being down. While your brain is telling you to get out there and run, your body is screaming it can't go another step. All runners are imperfect and imbalanced people. It's just a matter of time before an increased stress load or demand on a muscle or joint leads to injury. Conventional thinking teaches us, "You haven't got time for the pain" and symptomatic relief is encouraged. But, don't be fooled into thinking this approach works. It is a "band-aid" fix at best and there is no doubt about it, it will ultimately keep you out of action.

Definition of Recovery

Recovery not only refers to injury, but also to those who regularly train. Muscles used in every run develop micro-tears during runs and a normal recovery is the repair process needed for these tears to heal. All of the soreness and stiffness we usually deal with are symptoms of these tears. Injuries are the overuse of certain muscles and joints. This can be caused by adding a new or additional training method to your present ones, too fast or too soon. These end up in a pull, inflammation, severe tear or fracture. It's these "recoveries" that require a more disciplined approach. A program, well laid out by a trainer or coach, all injuries will have the best chance of recovery. The actual implementation of a program is the toughest part.

Four Phases of Recovery

Most inexperienced injured runners want to continue while they are hoping to heal. It just won't work, no more than you could win a million dollars two times in a row. The strategy involves some things that you must keep in mind for a full recovery. Like: (1) Identify your problem. Example: Don't attempt to ignore or run through injuries. This will only lead to a chronic, on-going injury. If you can identify, you can usually come up with some kind of steps for correction. If you can't cope with remedying the injury, seek out help from those who are familiar with sport injuries. Could be a Doctor of Sports Medicine, a Sports Podiatrist, a Coach or a Trainer. Don't settle for guesswork.

(2) Most runners don't care about their problems until they become critical and help is needed. Most injuries are inflammatory problems and in an acute stage, like a muscle/tendon pull or even a break, but immediate attention and advice is paramount. At a time like this, be willing to stop running (a mortal sin to an avid runner). You must change your normal training and running plans during an injury and be willing to do what it takes to get better. Remember, there are no short-cuts. Use ice on areas of inflammation at this particular time. Stay off your feet if necessary. At this time, do whatever is needed as close as 100% as possible, in an effort to get back as quickly as possible, to a point where you can run. You may have to start out as a beginner again. Along with the treatment prescribed, you may be walking for quite a while. You must understand, that being foolish or ignoring proper recovery, can lead injured parts of your body to a state of permanent disability as time goes on.

Give yourself whatever time it takes to recover. In minor strains, usually 2 to 10 days is ample. For moderate strains or injuries, it may take 6 days to 10 weeks. For severe injuries it may take 6 weeks to 10 months. Some soft tissue injuries take as long to heal as a bone fracture. Remember in a recovery period; always listen to your body.

(3) Once improved, you may feel as though the injury will never return. All injuries are likely to return. As soon as you assume the injury is a thing of the past and will never happen again, you are a sitting duck for a relapse. Some type of maintenance exercise or cross training should be done to help prevent a comeback of your injury.

As a runner, I can't imagine not having a doctor, who is knowledgeable in sport injuries (an Orthopedist, specializing in Sports Medicine), as well as a Sports Podiatrists, dealing with runners and their anomalies, on my list of "providers". These professionals should be a big part of maintenance care after the acute and chronic phase is over. Very few runners will go the distance without injuries; therefore you need to know how to minimize them. Whatever injuries you suffer with, never give up. And again don't forget.....improvements begin with identifying the cause of the problem.

CALENDAR

*Indicates W.T.R.C. Monthly Race and Challenge Series Event

- Mar. 5 **FORT SAM HOUSTON MEDCOM MARATHON:**
San Antonio, Call 210 826-1888
- * Mar. 11 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock,
4 Miles, 9 am, John Trompler, Race Director, 794-1359 (N),
775-2848 (D)
- Mar. 24 **LONE STAR RELAY,** Houston to Austin, Call 206 782-6547
- Mar. 25 **NUTRITION ON THE RUN:** Mae Simmons, Lubbock,
9:00am, 5k and 1-mile fun run/walk, benefiting the Food Bank, Race Director
Gina Jarman, Call 725-8081
- Mar. 25 **MARATHON OF THE GREAT SOUTHWEST:** Abilene,
FMI Call 915 677-8144
- * Apr. 1 **FLIGHT LINE RACES:** Reese Center, 8am, 2 mi, 10K,
Half Marathon, Jim Harris Race Director, 505 392-8945
- Apr. 2 **CAPITOL 10,000:** Austin, FMI Call 1-512-44-3598
- Apr. 2 **MARATHON MARATHON:** Marathon, Tx, Call 915 386-9011
- * May 13 **HORSESHOE BEND SPRING FROLIC:** N of Slaton, 8am, 11, 6, and 2-mile races,
Race Director Ron Hewett and Shannon Moore, Call Ron at 748-6017
- May 27 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call 806 345-3451
- * June 10 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am,
0K and 2 mi, Race Director Junior Mendoza, Call 894-0148
- Jun 17 **GIRLSTOWN GALLOP:** Whiteface, 10am, 5K, Call Dan Adams 229-2204
- June 24 **TRI RAIDER SPRINT TRIATHLON:** Buffalo Springs Lake, 8am, Race Directors
Mike and Marti Greer, Call 806 796-8213, Fax 806 829-2407
- June 25 **BUFFALO SPRINGS LAKE TRIATHLON:** Buffalo Springs Lake, 6:30am, Race
Directors Mike and Marti Greer, Call 806 796-8213, Fax 806 829-2407
- * July 4 **31ST ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 mi & 3 mi, kids 1 mile,
Race Director Jim Leser, Call (N) 794-2474, (D) 746-6101
- * Aug 12 **HOT DAM 5 MILER:** Canyon Lake, Lubbock, (also childrens 1 mile run) 8:00am,
Race Director P.J. Mitchell, Call 785-5748
- * Sept 9 **SHALLOWATER STAMPEDE:** Shallowater High School, 8:00am, 10k and 2 mile,
Race Director Dwayne Oakeley, Call 799-4473
- * Oct 14 **RED RAIDER ROAD RACE:** T.T.U., Lubbock, 8:00am, 5k and 10k,
Race Director Needed!!!

*Jimmy Samaron
894-0127*

WTRC HOTLINE: 806 792-3293, LOCAL RUNNING EVENTS UPDATE

W.T.R.C. PRAIRIE DOG TOWN RUN

4 MILES

USA T&F Certified, #'s TX97109ETM and TX97110ETM

WHEN: SATURDAY, MARCH 11, 2000
REGISTRATION: 8:00 to 8:45 A.M.
RACE START: 9:00 A.M.

WHERE: MACKENZIE STATE PARK
On Canyon Lake Drive, just off Broadway, North

COURSE: Rolling Terrain, Asphalt
4 Miles, Out and Back

ENTRY FEE:
W.T.R.C. MEMBERS \$5.00 OTHERS \$6.00
Pre-Registration Available: Return form in Newsletter
or call John Trompler before 7pm, Friday, March 10th.

AGE DIVISIONS, AWARDS:
Custom Medals;
3 deep & up to 50 Percent deep in each age division

MEN: 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, & 60+

WOMEN: 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50+

(6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR:
John Trompler, 775-2848(d), 794-1359(n)

Volunteers are needed: please call John at one of the numbers above.

PRAIRIE DOG TOWN 4 MILE RUN

Race Starts at 9:00 a.m. at MacKenzie State Park

\$5.00 WTRC Members, \$6.00 Non Members

Make checks payable to the West Texas Running Club. Mail Checks and entry forms to:

John Trompler

5406 86th St. Lubbock, Tx 79404

Mail registration thru March 9th, Telephone registration by 7:00 p.m. on March 10th 794-1359

Waiver-all entrants must read and sign:

The West Texas Running Club, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the 2000 Prairie Dog Town Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the racecourse and earphones are strongly discouraged because of the probability of increased injuries.

THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OF AGE.

Signature of entrant _____ Signature of guardian (minors) _____

Age _____ (on race day) Date of Birth ____/____/____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

Street Address _____ Race Distance ____ 4 miles

City _____ State _____ Zip _____ Phone Number _____

WEST TEXAS RUNNING CLUB MEMBERSHIP APPLICATION
PLEASE PRINT ALL INFORMATION

NAME _____ SEX M F BIRTHDATE _____
Last FIRST MI

ADDRESS _____
STREET CITY STATE ZIP

PHONE H _____ W _____ E-MAIL _____

ANNUAL RATE IS \$15.00 FOR THE FIRST MEMBER, \$2.00 EACH ADDITIONAL FAMILY MEMBER AT THE SAME ADDRESS:

INDIVIDUAL _____ ADDITIONAL MEMBER _____ RENEWAL? Y N _____
IF ADDITIONAL FAMILY MEMBER LIST NAME(S), BIRTHDATE AND GENDER:

MAIL MEMBERSHIP APPLICATION FORM WITH CHECK PAYABLE TO: WEST TX RUNNING CLUB
PO BOX 2921
LUBBOCK, TX 79408

JANUARY IS THE START OF A NEW W.T.R.C. YEAR; ALL MEMBERSHIPS EXPIRE AND PAYMENT OF DUES IS REQUIRED TO CONTINUE RECEIVING THE NEWSLETTER AND HAVE REDUCED CLUB RACE FEES. NEW MEMBERS JOINING AFTER JULY 1ST MAY PAY \$8.00 PLUS \$2.00 FOR EACH ADDITIONAL FAMILY MEMBER. W.T.R.C. IS A VOLUNTEER NON-PROFIT ORGANIZATION. IF YOU WOULD LIKE TO BE A PART OF SUSTAINING THE PRINCIPLES OF THE CLUB PLEASE CHECK WHICH COMMITTEE YOU MAY BE ABLE TO SERVE:

RACE VOLUNTEER _____ RACE DIRECTOR _____ CLUB OFFICER _____ OTHER _____
MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for my-self and anyone entitled to act on my behalf, waive and release the WEST TEXAS RUNNING CLUB and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that RRCA rules prohibit head phones, baby strollers or joggers, skates or blades and animals in our races.

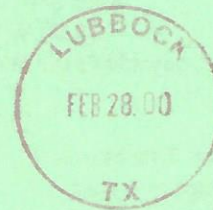
PRINT NAME _____
SIGNATURE _____ DATE _____

PARENT'S SIGNATURE IF UNDER 18 YEARS OF AGE: _____ DATE: _____

I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTO'S, VIDEO TAPES, RECORDINGS, OR ANY OTHER RECORD OF CLUB EVENTS FOR ANY LEGITIMATE PURPOSE.



NEWSLETTER EDITOR
7818 Kenosha Ave.
Lubbock, Tx 79423



Mar 2000



David Higgins
1916 27th, Rear
Lubbock, TX 79411

This will be your last newsletter
if you havent renewed for 2000!